

Arch. Hd. st. kn. sitt.
 T. backm. lean (1-2)
 Hips raise (3-4)
 A's cast to yd. (5)
 T. raise to kn. st. (6)
 Kn. sitt. A's lower (7-8)

X. St. T. spring from. (1-2)
 ' ' sidem. (3-4)
 ' ' form. (5)
 ' ' toss + st. (6)
 Pause (7-8)

Heave. Hi. hang. 2 leg swing dismount.

Balance. (forms.)

A. raise. to sch. m. toe outk. form. (1-3)
 Inner + move to yd. m. kn. raise. (4-6)
 Inner + move to hi. off. form.
 m. leg stick. backm. to toe outk. (1-3)
 Hold (4-6)

Walk 3 steps
 Hold.

Agility. Star jump.

G.A. (Complex) Rg. gr. toe st. 6 steps s. (1-6)
 6 steps from. (1-6)
 1 bot. j. + 1 bot j. away (1-2)
 Repeat all together.

Arm. Bd: A. stretch s. (1)
 pause (2)
 A. bend (3)
 Repeat. (4-5-6)
 A. stretch m. (1)
 pause (2)
 A. bend. (3)
 Repeat. (4-5-6)
 Jell. A. stretch d. (1)
 A. raise s. up (2-3-4-5-6)
 Fingers back in stretch. + A. to yd. (1-2-3)
 Cast in yd. to bend. (4-5-6)

Leg. Rkph'g m. alt. toe touch'g sidem. (1-4)
 full leg 2 hops m. alt knee lift (5-8)
 3 running steps from. + hop
 swing free leg from. (1-4)
 2 running steps backm. (5-6)
 + 2 x jumps.

Lat. Bd. st. - T. flex s. (1-3)
 T. bend off. A. bent'g s. (4)
 Repeat (1-4)(1-4)
 T. raise m. A. d. (1-2)
 A. d. to back sides (3)
 Repeat Bd. st. (4) 2nd

Med. Ch. sitt. - 3 toe beats (1-2-3)
 Kn. stick to oblique - pause - (4) (5)
 Bk. ly. (6-7-8)
 Kn. hd. + stick abd. f. (1-2)
 Inner (3-4)
 Bend (5)
 Ch. sitt. (6)
 Pause (7-8)
 Repeat.

Med. Prone ly (pists forehead)
 T. head. bk. + lower m. hump back (1-4)
 Strong back (5)
 A's feet to yd. (6-7)
 Return (8)

X Str. st. Quick T. f. head. + arch (1)
 Pause (2)
 Repeat. (3-4)
 Pause (5)
 Jump H. together (6)
 T. spay. (1-4)
 (Return on 4)
 Pause (5)
 Jump to str. (6)

Recess. Bess. St. 2 Kn. hd. (1-2)
 Stick (3-4)
 2 kn. head back. (1-2)
 St. pos. (3-4)

Agility - Leap the gate.

G.A. Form + back. marching.

Assn. Alt. A. lift to yd. m. H. turn (1-2)
H. + st.

Alt. A. move to swing, m. H. " (3-4)

H. from. turn (5)

Pause (6)

A's turn (7)

Pause (8)

Leg. (Chain gr.) st - leg m. from. m.
heel beat. (1)

lower + raise m. the beat. (2)

leg swing, back. (3)

leg swing, from. (4)

Repeat. (5-8)

Lat. 1/2 yd. 1/2 m. grade twist long, sitt.
T. hd. from + down. + T. shg.
m. hammer beats. (1-4)

Stronger beat + T. raise to twist (5-8)

Roll. by T. twist (range) (1-4)

A. lower + strike fist off.

A. cast to starting pos. opp. side.

A. hd. Cr. hk. by.

kn. stick obliquely up. (1-4)

legs lower m. stiff kn. (5-7)

Return to start. (8)

Arch. Forms - Waist support or th. leg -
H. + ch. lift + lower.

X. Bars - Penesce hang.

Heave. Couples - forearm support. Forms.
U keeping for height.

Agility. Jumping in 3's.
Leap the gap.

C.A. Fours wheeling.

Arm. Hk. sitt. Alt. + double A. (1-2-3)
stretch 'g' up.

Leg. Two st. - 3 skips from. + 1 hkg. (1-4)
Bk. j. m. $\frac{1}{4}$ turn (5)
Fall. hkg. 3 skip stick sidem. (6-7-8)

Lat. (Fours) Bd. side sitt. - T. flex sidem.

Abd. (Fours) Crouch j's.

Arch. Hd. rest. knee sitt. - T. backm. lean (1-2)
hips lift (3-4)
A's cast to rhd. (5)
T. rise to kn. st. (6)
Change to kn. sitt. m. A. lower (7)
Hd. rest. (8)

X. Penrose hang. Bars.

Heave. Bars. Complex. Upstability for height
m. support.

A. ability. Bars. Monkey jumps.
jump 'g' in 3's.

G.A. Jones wheeling.

Arm. St. - Double A. stretch up. (1-2)
 full leg alt. leg swing h. (3-4)

Leg. St. Shift 'q' down. (1-4)
 Walk 'q' back. (1-4)
 Shift 'q' back. (1-4)
 Walk 'q' down. (1-4)

*

Leg. St. A's stretch & alt. M. place side. (1)
 T. bend. M. (2-3)
 Pecover. (4)

Arm. Rock the drumming. (1-2)

Arm. Span hand 'q'. (1-2)

X. Penesse hang.

Beave. Bd. hi. hand 2 A. stretch. (steady)
 ch to bk. hang, 2 leg swing
 dismount.

Agility. Jump 'q' in 3's
 Monkey jumps.

Combine A. + Leg. in comb.

IV.

FEB. 12

G.A. Single marching, free marching.

Man. 2 A. stretch + swing various directions.

Leg. Bk. m. alt. toe touch 'g. a. (1-4)
 foll. leg 2 hops m. alt. kn. lift 'g (5-8)
 + 3 running steps f.
 + bks swing free leg form. (1-4)
 2 run. steps backm. (5-6)
 + 2 x jumps (7-8)

Let. Yd. toe touch a. (1)
 Pause (2)
 T.bk. m. m. A. move to hd. rest (3-6)
 lunge m. single A. lower + H. turn (1)
 pause (2)
 side floor off. (3-4)
 Ch. Y. T. raised (5)
 prs. (6)

Alt. Bk. leg. - feet raise 'g + lower 'g (1-3)

Int. Leg. Single file sh. 2 hops m. (1-4)
 alt. leg swing 'g sidem.

Atch.

Th. leg - Ch. lift 'g. (1-3)

X. (Couples) Bk. to bk. quick st. (1-4)
 T. bend form. + downm.
 foll. leg. st. - 2 A. sw a-w.

Base.

Acne. Bh. hi. hang + slow 2 A.
steck. - ch. to bh. hang +
2 leg swing dismount.

Intial. Base.

Alt. leg support. side-
hand'g of T.

Running in 3's.
Step, hold, jump.

G.A. Run, run, halt.

Arms. A's swing 'g $\frac{1}{4}$ $\frac{1}{2}$ + up. (1-2-3)

Leg. 3 hop steps to squat sitt. (1-4)

Lat. Close st. side-bend 'g. † (1-4)

Med. Long sitt roll lt. + rt. + over. (1-4)

Int. Leg. Leg swing 'g down + out. (1-4)

Arch. Ht. sitt. Ch. raise 'g + lowering. (1-2-3)

X. Str. st. Quick T. head down + up. (1)

Pause (2)

Repeat (3-4)

Pause (5)

Jump Ht. together (6)

T. spg. (1-4)

Pause (5)

Jump to str. (6)

Revue. Bars + Bd. hi. hang + show 2 A. (1-4)
stroke. - ch. to Ht. hang + 2 leg. (5-6)
swing dismount.

2. Alt. leg. support side - (1-2)
head 'g of T.



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